

**ABSTRACT OF THE DISCLOSURE**

5       The invention is directed to compositions used for treating Central Nervous System (CNS) disorders. In addition, the invention provides convenient methods of treatment of a CNS disorder. Furthermore, the invention provides methods of treating sleep disorders using compositions that remain active for a discrete period of time to reduce side effects. More specifically, the invention is directed to the compositions and use of derivatized, *e.g.*, ester or carboxylic acid derivatized, antihistamine antagonists for the treatment of sleep disorders.